

OFFICE HOURS*:

Monday to Friday, 8:30 am - 4:30 pm

Call our office for Summer Hours

*Answering machine available after hours. Holidays & closures online

HOW TO REGISTER:

Call 519-660-1430
or visit mowl.ca

Make sure you have the following:

- Full Address & Phone Number
- Two Emergency Contacts
- Client's Date of Birth
- Diet & Mobility Information
- Billing Address or Email

PAYMENT METHOD:

- Clients are billed monthly
 - Pay Online or Over the Phone
 - Automatic Withdrawal Available
- Call our office to discuss financial assistance or eligibility for subsidy.*

Client's file will be put on hold after two months of non-payment and will not be allowed service until paid.

ABOUT MOWL

VISION:

A community in which every person has a pathway to wellness and independence.

MISSION STATEMENT:

Nourishing community wellness, one person at a time.

*We have served
London's seniors for
over 50 years!*

CONTACT US :

356 Queens Ave.

London, Ontario

N6B 1X6

519-660-1430

info@mowl.ca

www.mowl.ca

 @MOWLLondon

 @MOWLLondon

 @MealsOnWheelsLondon



MEAL &
TRANSPORTATION
SERVICES
WITHIN LONDON



MEALS  WHEELS
LONDON

TOGETHER, WE CAN DELIVER.

ELIGIBILITY:

MOWL provides services to those in need of short or long-term nutritional and/or transportation support.

- Seniors 55+
- Adults 18+ living with disabilities



FRESH MEALS:

Delivered Mon, Wed, Fri
(11am - 1:30pm)

- Meals are delivered chilled
- **Volunteer Check-in & Social Contact**
- Monthly Meal Calendar!
- **Diets: Regular, Diabetic, No Added Salt, Gentle & Minced**
- Recyclable containers used in microwave or oven
- **Initial Service: minimum 5 meals**

Product	Price	Partial Subsidy Income \$16,000-\$26,000)	Full Subsidy Income <\$16,000
Fresh Daily Meal (Comes with dessert)	\$8.50	\$5.50	\$4.25
Breakfast Bag (Fresh meal add-on)	\$3	\$2	\$2
Frozen Entrees (Package of 7)	\$46	\$37	\$32
Frozen Soups/Desserts (Package of 7)	\$18	\$16	\$14
Foodbox Package (Based on Eligibility)	Free	Free	Free
Wheels for Wellness (Roundtrip Transportation)	\$24	\$20	\$17
Friendly Visiting Program	Free	Free	Free

FROZEN MEALS:

Weekly Delivery

Order Monday, Receive on Thursday

- Customize your package of 7 meals from a menu of over 70 options!
- **Volunteer Check-in & Social Contact**
- Entrees, Desserts or Soups!
- **Diets: Regular, Diabetic, Gluten Free, Lactose Free, Vegetarian, Renal, Minced & Pureed**
- Recyclable containers used in microwave or oven
- **Initial Service: minimum 1 package**

WHEELS FOR WELLNESS*:

- Door-to-door Round Trip Rides (Wellness related appointments)
- Must book 1 week in advance
- Appointments up to 3 hours
- * Not Wheelchair Accessible

FRIENDLY VISITS:

- Enjoy great conversation and good company!
- Regular group or one on one calls, visits, or outings